

MILITARY & VETERANS SECTOR UPDATE

CORONAVIRUS
DISEASE 2019 (COVID-19)

WEDNESDAY, NOVEMBER 11, 2020



Thank you to everyone who was able to join us for this week's telebriefing for military, veterans, and their families!

TELEBRIEFING SCHEDULE UPDATE:

Our telebriefings will now take place every second and fourth Thursday of the month.

Make sure you join us Thursday, December 10th from 10 - 11 AM for another online forum and Q&A. To submit your questions in advance, [click here](#).

Special Thanks to our November 10th Telebriefing Guest:



Darcy Lovgren Pavich
Director of Stand Down
Veterans Village of San Diego

County Resources for Military & Veterans



Visit our [County site for Military/Veterans/Families and Serving Organizations](#)

General COVID-19 Frequently Asked Questions – [Click here](#)

Military and Veterans-Specific Frequently Asked Questions – [Click here](#)

Benefit Information & Assistance and Other Professional Services for Military Veterans and Dependents – [Click here](#)

Happy Veterans Day—Honoring Those Who Served



The County of San Diego Military and Veterans Sector would like to take time to thank our wonderful men and women who serve this country. Today, we honor all current and former members of the Armed Services. A special thank you to military families and organizations for your continued support of veterans and military members. Thank you for your sacrifices, your bravery, and your service!

In Case You Missed It...



VETERANS VILLAGE OF SAN DIEGO

The Veterans Village of San Diego is hosting their annual program, **Stand Down**, to support more than 800 homeless veterans and their families. Stand Down provides an opportunity for veterans who have

lost everything and are living on the streets to access services, connect with the community, restore hope, and “Stand Down” for a weekend. This event will be held at 9:00AM on Sunday, November 22nd at San Diego High School on 1405 Park Blvd for homeless veterans and veterans at risk of eviction and unemployment. Services available at this event include treatment programs, transitional and permanent housing, veteran benefits, and homelessness programs and services. Supplies will also be available, including food, towels, clothing, shoes, and hygiene items. All services and supplies will be at no-cost to homeless veterans. Stand Down is currently looking for donations and volunteers for their event. To volunteer for Stand Down, please [click here](#) to register. For more information about the event, please [click here](#).

Events and Announcements

The County of San Diego is providing free COVID-19 testing in honor of Veterans Day on Wednesday, Nov. 11. Appointments are not required at most test sites. To find a free testing site near you, [click here](#).

Courage to Call is hosting another drive-thru feeding event at 10 a.m. on Saturday, Nov 14th at 9445 Farnham St., San Diego, 92123. Food is distributed on a first come, first serve basis. No RSVP Required, but please bring your Military/Veteran ID. To volunteer for this event, please e-mail couragetocall@mhsinc.org.

SDVC Monthly Meeting active duty military, veteran's and their families are invited to attend the San Diego Veteran's Coalition's next monthly meeting at 8:30 a.m. on Friday, Dec 4. For details, visit sdvetscoalition.org.

County Moves to Purple Tier; Restrictions to Start Nov. 14

After posting a case rate of more than 7 cases per 100,000 residents for two consecutive weeks, the state is placing the County in the Purple Tier, the most restrictive level of its system that limits activities based on risk of spreading COVID-19.

The County's case rate increased to 7.4, then 8.9 over the past two weeks; therefore, the region must stop indoor operations at restaurants, gyms, churches, and movie

theaters starting Sat., Nov. 14. Retailers will need to keep customers at 25% capacity. The County will remain in the Purple Tier for at least three weeks. It won't be able to advance to the Red Tier unless it posts a case rate below 7 cases per 100,000 residents two weeks in a row.

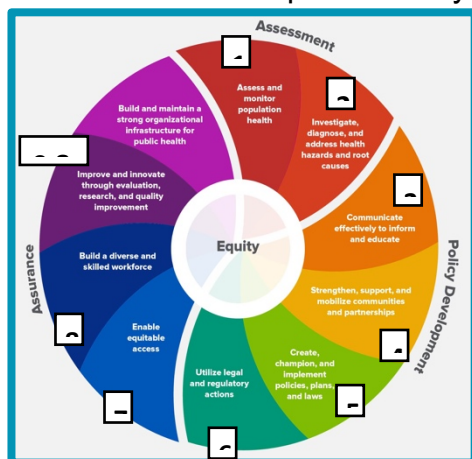
Wilma Wooten, M.D., M.P.H., County public health officer says “the key to decreasing cases is wearing a mask, maintaining social distance, avoiding gatherings, and following other public health recommendations. If we don't continue to take proven, preventive precautions, we won't be able to get out of the Purple Tier and loosen restrictions.”

To read the full *County News Center* story, [click here](#). To learn more information about COVID-19 and the County's detailed data summaries, [click here](#).

San Diego County Virtual Public Health System Assessment

The County of San Diego, Military and Veterans sector is looking for community members to participate in the Local Public Health System Assessment 2020. Volunteers will participate in a virtual 2-hour session about the strengths and weaknesses of our public health system for each of the 10 essential public health services.

This session will help the County of San Diego accurately recognize and address the



unique health challenges military/veterans and their families experience. This is an opportunity to identify strengths and areas for improvement across the public health system serving San Diego communities. The discussion will reflect how the Military and Veterans Sector has responded to public health needs and challenges over the last several years, including, but not limited to, the COVID-19 pandemic.

Given the size of the Military and Veterans community in San Diego, it's important that this community is included in multi-sector partnerships to improve health. We recommend military/veteran community members sign up for one of the following sessions: *Monitor Health* or *Inform, Educate, and Empower*. If you are interested in providing feedback for the Military and Veterans sector, [click here](#) to sign up for the virtual sessions!

FAQ's: Remember to Get Your Flu Shots!

Q: Why should I get the flu shot?

A: It reduces the chances of getting the flu or severity of complications. There is a well-documented risk of flu in vulnerable populations: residents and employees at long-term care facilities, elderly, and those with underlying conditions. The CDC recommends everyone over the age of 2 get an annual flu vaccine.

Q: Does the flu shot protect me if I was exposed to COVID-19?

A: Higher seasonal flu vaccination rates in the elderly (65+) are correlated with fewer deaths from COVID-19. In addition to getting the flu shot, following physical distancing guidelines and wearing a facemask can help reduce exposure to COVID-19 and the seasonal flu.

Q: Where can I get my flu shot?

A: Use the [VA Facility Locator](#) to find information on hours and locations for your local VAMC and find an in-network retail pharmacy or urgent care facility.

To read more FAQ's about flu shots, [click here](#). To learn more about the 2020-21 flu season, [click here](#). Scan the QR code to find a flu shot location near you!

Scan this QR code with your phone:



Mental Health Resources

Courage To Call. Every day, current and former service members and their families deal with the complex maze of issues that accompanies military life. Often times the most difficult problem is not knowing where to turn when you need help. Courage to Call is a free, confidential, veteran-staffed, 24/7 helpline dedicated to assisting active duty military personnel, veterans, reservists, guard members, and their families, regardless of discharge status. For more information or to chat with a veteran, visit www.courage2call.org, or call 1-877-698-7838, or 2-1-1

The County's Access and Crisis Line (ACL) is confidential, toll-free, and available 24/7. If you or someone you care about is experiencing a suicidal or mental health crisis, please call 1-888-724-7240.

VA Veteran Suicide Prevention and Crisis Line, 1-800-273-8255 and Press 1 to talk to someone, or Send a text message to 838255 to connect with a VA responder.

The National Suicide Prevention Lifeline, 1-800-273-8255, provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

More resources to help you manage mental health and cope during the COVID-19 pandemic can be found [here](#).



Additional County of San Diego COVID-19 telebriefings are available throughout the week (via Zoom) for a variety of community sectors. For information, updates, and Q&A with other sectors, view the full telebriefing schedule [here](#).

COVID-19 Resources



To request English or Spanish posters for your installation, please e-mail COVID-Military-Veterans@sdcounty.ca.gov with your contact information, drop-off location, and delivery instructions. A member of our Outreach & Education Team will contact you to coordinate delivery and obtain any additional details (if necessary).

Additional resources and materials are available [here](#) for your use.

Continue to Stay Informed



[County Coronavirus Website](#)



[Resources for Military, Veteran's & their Families](#)



[Resources & Materials](#)



[Testing Information](#)

